

MAKING THE WORK EASY.

"A Little Thought Will Lighten Cares of Housekeeper."

Women bring upon themselves much suffering for which they alone are to blame. To the average housekeeper, the mere fact of getting breakfast without first taking some nourishing food herself, is enough to cause in her continual weakness, and to some it may prove a source of almost complete exhaustion.

If after the toilet is made in the morning, a woman would eat perhaps a banana or apple, and sip a glass of milk or other nourishing drink, she would find it did much toward keeping up her strength through the day. To "stay the stomach" before exercise in the morning is all that is necessary.

When breakfast is over there should be no rush to do the dishes—they can wait now better than papa and baby can wait at a future date, while mamma recovers.

Allow the stomach to commence on its process of digestion without the physical rushing.

Then, again, after the dishes have been wiped, much of the work may be done sitting, instead of standing, thus resting the back and saving the abdominal organs from a continuous strain.

Do not lift heavy kettles or tubs, stand in wet places on the floor where the water has been spilled, nor reach higher than you can easily. All of these are the originators of many ailments.

Even if precaution takes a little longer, does it not pay when it tends to prevent illness?

HEALTH AND BEAUTY.

Ginger plasters, made like mustard plasters, produce the same results and do not blister.

Baking soda is good for an aching tooth; for bathing surface which is broken out with hives or prickly heat; to take internally for sour stomach.

Lime water mixed with linseed or table oil makes a good dressing on absorbent cotton or use a carbolic solution, using two parts of hot (as can be borne) boiled water to one part of carbolic solution.

When children swallow hurtful things, if it causes choking and symptoms of suffocation, either turn the child upside down and strike quickly between the shoulders or run the finger back into the throat to hook it out, or last of all push it down.

A little camphor applied to a wet cloth will whiten the skin, but it should be used sparingly, with a cream afterward. A few drops put into lukewarm water and applied with a sponge after one has come in from an outdoor trip is extremely refreshing.

The complexion is made or marred by the food one eats. The best food for a beautiful complexion is that which is most readily assimilated. Undigested foods and wastes that are not promptly and regularly eliminated from the system are corrupting forces that generate poisons, which must, of course, most seriously retard the cultivation of health, as well as good looks.

Disinfecting a Room.

To disinfect a room get a large-sized metal bath, and partly fill with water. Partly fill a pail with water, and stand in the bath. On the pail place an old metal tray, and see that it stands firmly. On the tray put two or three pounds of powdered sulphur moistened with methylated spirit. Have all apertures, save your door of exit, closely shut, and all their crevices stopped. Set fire to the sulphur. When you have quit the room attend to the door. Open 12 hours later. Although this reads very simply the matter is not so satisfactory as might be supposed. Wall papers, and not seldom colored fabrics are damaged by the fumes, so care must be used.

Take Care of the New Broom.

Just as it is quite true that "new brooms sweep clean," so it is also true that by a little care and forethought these same brooms may be kept in that desirable condition.

A broom not in use always should be kept upside down, so that the straws fall outward. This keeps it in shape. In sweeping, use first one side and then the other. If you sweep always on the same side of your broom it will soon grow one-sided and have to be cast aside. When, however, a broom is not badly worn, only matted out of shape, it can be straightened by wetting, pulling into shape and drying, bottom upward.

How to Make Cherry Salad.

A delicious salad was recently served at a country house luncheon. Cherries were stoned and the cavities filled with English walnut meats. Then they were covered with French dressing and left on the ice for three hours. Just before serving the fruit was drained, filled into nests formed with lettuce leaves, and dressed lightly with oil and vinegar.

Don't flatter yourself that you can commit a sin without being found out. Thousands have tried it and failed.

CURED OF GRAVEL.

Not a Single Stone Has Formed Since Using Doan's Kidney Pills.

J. D. Daughtrey, music publisher, of Suffolk, Va., says: "During two or three years that I had kidney trouble I passed about 2½ pounds of gravel and sandy sediment in the urine. I haven't passed a stone since using Doan's Kidney Pills, however, and that was three years ago. I used to suffer the most acute agony during a gravel attack, and had the other usual symptoms of kidney trouble—lassitude, headache, pain in the back, urinary disorders, rheumatic pain, etc. I have a box containing 14 gravel stones that I passed, but that is not one-quarter of the whole number. I consider Doan's Kidney Pills a fine kidney tonic."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Died in Westminster Abbey.
Henry IV. died in Westminster Abbey in 1413. It is claimed that from that time to this no life has ended there, except that of a minister named Shepherd, who dropped dead in the famous old sanctuary, just as he finished a speech, at a meeting recently held under the chairmanship of the Dean of Westminster.

Important to Mothers.
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Chas. H. Fletcher*
In Use For Over 30 Years.
The Kind You Have Always Bought.

Lady Minto's Work in India.
The countess of Minto, who did so much to extend the work of the Victorian Order of Nurses in Canada, has now undertaken a similar work in India, where her husband succeeded Lord Curzon as governor general.

By following the directions, which are plainly printed on each package of Defiance Starch, Men's Collars and Cuffs can be made just as stiff as desired, with either gloss or domestic finish. Try it, 16 oz. for 10c, sold by all good grocers.

Lots of women quarrel with their husbands because they deem it an important part of their domestic duties.

Mrs. Winslow's Soothing Syrup.
For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. See a bottle.

About the dearest thing on earth is a cheap man.

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in the selection of a revolver. In case of emergency your life may depend upon its accuracy and the quickness and certainty of its action.

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are weapons that can always be depended on, no matter how suddenly they may be called upon. Simplicity of construction, perfect safety, absolute reliability in action and superior accuracy are the qualities which characterize them. With proper care they last a life time. Cannot be fired except by pulling the trigger, insuring against accidental discharge. Rigid inspection before leaving the factory insures against flaws or defects of any kind. Has independent cylinder stop. The automatic shell-ejecting device makes reloading easy. Don't be tempted by low price into buying a cheap and inferior revolver, when you can buy an "H. & R." Hammerless Revolver, 32 or 38 caliber, 5 shot, 3-inch barrel, nickel-plated, for \$6.00. Made also with 4, 5 and 6-inch barrels.

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HARRINGTON & RICHARDSON ARMS CO., 401 Park Ave., Worcester, Mass.

Shirt Bosoms, Collars and Cuffs



Defiance Starch

never crack nor become brittle. They last twice as long as those laundered with other starches and give the wearer much better satisfaction. If you want your husband, brother or son to look dandy, to feel comfortable and to be thoroughly happy use DEFIANC STARCH in the laundry. It is sold by all good grocers at 10c a package—16 ounces. Inferior starches sell at the same price per package but contain only 12 ounces. Note the difference. Ask your grocer for DEFIANC STARCH. Insist on getting it and you will never use any other brand.

Defiance Starch Company, Omaha, Neb.

If afflicted with sore eyes, use Thompson's Eye Water DEFIANC STARCH for starching finest linens

THE LAXATIVE OF KNOWN QUALITY



There are two classes of remedies; those of known quality and which are permanently beneficial in effect, acting gently, in harmony with nature, when nature needs assistance; and another class, composed of preparations of unknown, uncertain and inferior character, acting temporarily, but injuriously, as a result of forcing the natural functions unnecessarily. One of the most exceptional of the remedies of known quality and excellence is the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., which represents the active principles of plants, known to act most beneficially, in a pleasant syrup, in which the wholesome Californian blue figs are used to contribute their rich, yet delicate, fruity flavor. It is the remedy of all remedies to sweeten and refresh and cleanse the system gently and naturally, and to assist one in overcoming constipation and the many ills resulting therefrom. Its active principles and quality are known to physicians generally, and the remedy has therefore met with their approval, as well as with the favor of many millions of well informed persons who know of their own personal knowledge and from actual experience that it is a most excellent laxative remedy. We do not claim that it will cure all manner of ills, but recommend it for what it really represents, a laxative remedy of known quality and excellence, containing nothing of an objectionable or injurious character.

There are two classes of purchasers; those who are informed as to the quality of what they buy and the reasons for the excellence of articles of exceptional merit, and who do not lack courage to go elsewhere when a dealer offers an imitation of any well known article; but, unfortunately, there are some people who do not know, and who allow themselves to be imposed upon. They cannot expect its beneficial effects if they do not get the genuine remedy. To the credit of the druggists of the United States be it said that nearly all of them value their reputation for professional integrity and the good will of their customers too highly to offer imitations of the

Genuine—Syrup of Figs

manufactured by the California Fig Syrup Co., and in order to buy the genuine article and to get its beneficial effects, one has only to note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package. Price, 50c. per bottle. One size only.

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because of the specific curative effect it has on the womanly organs. It builds up woman's strength and makes her hard days easy. "I often recommend it, in my practice among women," writes Dr. J. F. W. Metzler, of Rosehill, Tex. Try it.

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